



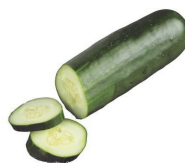
Harvest of the Month

Network for a Healthy California



2009—2010

4th Grade Workbook—Teacher's Key



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables



½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 					
Roots & tubers 					
Cooked greens 					
Beans 					
Grapefruit 					
Beets 					
Peppers 					
Cucumber 					
Berries 					
Corn 					

The **September** Harvest of the Month featured fruit is **apples**



- Apples are a good source of fiber and vitamin C.
- Apples are a source of potassium, which helps maintain a healthy heart.
- Apples are best when eaten with the peel, that is where most of the fiber is found.

THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is a high, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and what nutrients they are high in or a good source of.

For example, we can say that one medium apple is a good source of fiber because the % Daily Value for fiber is 15%.

Nutrition Facts	
Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%



5% or less = Low Source
10-19% = Good Source
20% or more = High Source

One medium apple is 12% of the Daily Value for vitamin C. Is one medium apple a low, good, or high source of vitamin C? good

List three adjectives to describe the way apples taste, look, or smell. You can use the list of adjectives on page 27 to help you.

1. green
2. sweet
3. delicious



Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

How many servings are you eating?

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250 Calories from Fat 110			
% Daily Value*			
Total Fat	12g		18%
Saturated Fat	3g		15%
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	20%	•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

Source: Team Nutrition

This nutrition facts label is for macaroni and cheese.

- What would be considered a high % Daily Value? 20%
- Are there any nutrients on this food label that are a high source? What are they?
a) Calcium b) Sodium
- Of those two nutrients in question 2, which nutrient should you get enough of?
Calcium

The **October** Harvest of the Month featured vegetable is **roots & tubers**



- Root vegetables are the roots of plants that are eaten as vegetables. Roots include carrots, sweet potatoes, turnips, jicama, rutabaga, and beets.
- Tubers are different from roots because they are big underground stems. Tubers store energy for the plant. Tubers include potatoes and yams.
- The Irish were among the first Europeans to recognize potatoes as a valuable source of nutrition.



List three adjectives that describe the way roots and tubers taste, look, or feel. You can use the list of adjectives on page 27 to help you.

1. sweet

2. thick

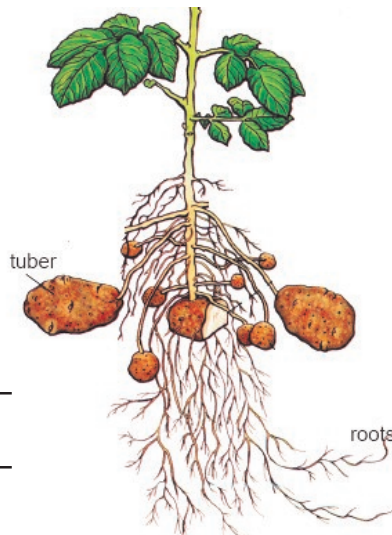
3. firm

What is your favorite tuber?

What is a healthy way to prepare your favorite tuber?

Examples can include:

bake, grill, steam



rutabaga



turnip



jicama



Nutrition Facts

Serving Size: ½ small russet potato, baked with skin (69g)

Calories 67

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

Vitamin A 0% Calcium 4%

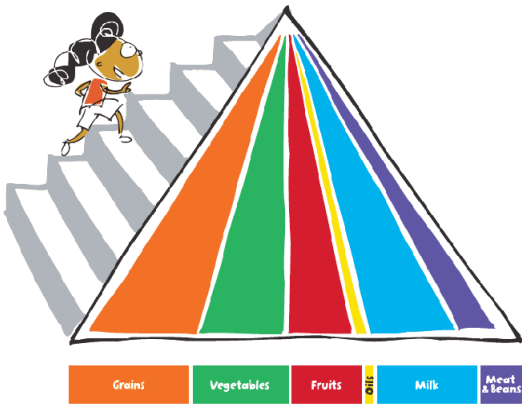
Vitamin C 27% Iron 3%

What is your favorite root vegetable?

What is a healthy way to prepare your favorite root vegetable?

Examples can include:

bake, grill, steam, or just eat raw



MyPyramid.gov

There are five colors that represent the food groups: orange, green, red, blue, and purple. Yellow represents oils, but it is not a food group. Remember to eat foods from each food group every day.

FOOD GROUP	DAILY GOAL
GRAINS	6 ounce equivalents (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, ½ cup cooked rice, cooked pasta, or cooked cereal)
VEGETABLES	2½ cups (1 cup = 3 spears of broccoli, 2 cups of raw leafy greens, 1 large pepper, 1 medium potato. ½ cup = 6 baby carrots, 1 small ear of corn, 1 small tomato)
FRUIT	1½ cups (1 cup = 1 large banana, 1 small apple, 1 small orange, 1 cup of 100% fruit juice, ½ cup of dried fruit)
MILK (DAIRY)	3 cups (1 cup milk = 1 cup yogurt or 1½ ounces of cheese)
MEATS & BEANS	5 ounce equivalents (1 ounce equivalent = 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts, ¼ cup dry beans)

Now that you learned the daily amount you should eat from each food group, plan a meal using food from each food group and write down the amount. Use the list of foods on page 25 to help you.

FOOD	FOOD GROUP	AMOUNT
egg	meat & beans	1 egg (1 ounce equivalent)
whole wheat toast	grains	1 slice (1 ounce equivalent)
milk	dairy	1 cup
½ of a large banana	fruit	½ cup



The **November** Harvest of the Month featured vegetable is **cooked greens**



collard greens

- Cooked greens include bok choy, collard greens, kale, and Swiss chard.
- A $\frac{1}{2}$ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.
- A Southern tradition in the United States is to eat collard greens on New Year's Day to guarantee wealth in the coming year because their leaves look like folded money.

List three adjectives that describe the way cooked greens taste, feel, or look. You can use the list of adjectives on page 27 to help you.

1. bitter

2. soft

3. dark green

NUTRITION FACTS

A $\frac{1}{2}$ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.

Use the glossary of nutrients on page 28 to define vitamin K.

Vitamin K helps certain cells in your blood act like glue and stick together at the surface of a cut.

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup cooked collard greens (95g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 154%	Calcium 13%
Vitamin C 29%	Iron 6%



kale



bok choy



Swiss chard



Celebrate the Fruit & Veggie Way

HAVE A FRUIT AND VEGETABLE CLASSROOM PARTY!

We all enjoy celebrating holidays at school! But, sometimes there aren't a lot of healthy choices and you may want to eat too much.

The next time you celebrate in the classroom, suggest that it be a fruit and vegetable party. Ask your classmates to bring their favorite fruit or vegetable dish. Or you can set a theme, like cultural day, and make fruit and vegetables dishes from a different country. Here are some examples:

- Make a fresh vegetable platter or fruit salad.



- Make kabobs by placing bite-sized pieces of fruits or vegetables onto skewers.

- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.



Adapted from CDC Fruits & Veggies More Matters

What snack would you like to bring to the party? Explain why it is a healthy snack.

Examples can include: fruit and yogurt, vegetables and dip. Encourage fruits and vegetables that are similar to the holiday colors, whole wheat crackers and low-fat cheese.

Why is this a healthy snack? Healthy snacks include fruits, vegetables, dairy, nuts, and whole grains that are low in fat and added sugar.

The **December** Harvest of the Month featured vegetable is **beans**



- A $\frac{1}{2}$ cup of most beans are a high source of fiber.
- Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.

List three adjectives to describe the way beans taste, smell, or feel. You can use the list of adjectives on page 27 to help you.

1. delicious

2. soft

3. mushy



Garbanzo beans



Nutrition Facts

Serving Size: $\frac{1}{2}$ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

NUTRITION FACTS

A $\frac{1}{2}$ cup of garbanzo beans have 6 grams of fiber.

Use the glossary of nutrients on page 28 to write the definition of fiber.

Fiber promotes good digestion and helps maintain a healthy heart. It also helps you
feel full after a meal or snack.

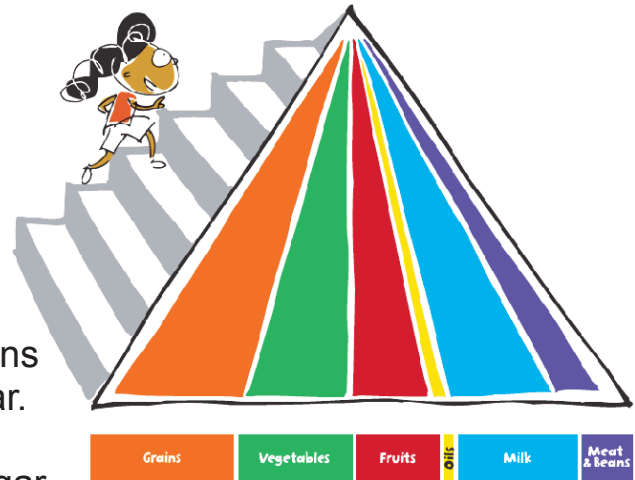


How to Choose Healthier Foods

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid. Look at page 25 for a list of foods that are at bottom of the pyramid.

The foods at the bottom of MyPyramid provide vitamins and minerals without a lot of added fat or added sugar.

Foods with higher amounts of solid fat and added sugar are in the narrower top area of MyPyramid. Occasionally everyone can enjoy these foods. But eating too many of the foods from the top of MyPyramid could lead to weight gain.



Write a check next to the food that is a healthier choice. Explain why you chose that food.

Food Groups	Wider Area	Narrower Area
Grains	<input checked="" type="checkbox"/> Whole-wheat bread	<input type="checkbox"/> Doughnut
Why?	A doughnut is fried which means it will have a high amount of fat. Also doughnuts have added sugar. Whole wheat bread is a healthier choice because it has fiber and other vitamins and minerals that are good for your body.	
Vegetables	<input checked="" type="checkbox"/> Baked sweet potato	<input type="checkbox"/> French fries
Why?	French fries have a lot of fat because they are fried. A baked sweet potato doesn't have any added fat or sugar and it has vitamins and minerals that are good for your body.	
Fruits	<input checked="" type="checkbox"/> Peach	<input type="checkbox"/> Peach pie
Why?	Peach pie has added fat and sugar. A peach by itself doesn't have anything added. A peach has vitamins and minerals that are good for your body.	
Milk	<input checked="" type="checkbox"/> Lowfat frozen yogurt	<input type="checkbox"/> Ice cream
Why?	Ice cream has added fat and sugar. Lowfat frozen yogurt has a lower amount of fat than ice cream, but it may also have added sugar.	
Meat & Beans	<input checked="" type="checkbox"/> Baked fish	<input type="checkbox"/> Fried fish
Why?	Fried fish has more added fat than baked fish.	

The **January** Harvest of the Month featured fruit is **grapefruit**



- A $\frac{1}{2}$ of a medium grapefruit is a high source of vitamin C.
- Grapefruit is a source of magnesium.
- Grapefruit was named by a Jamaican farmer who saw the way it grows in groups – like grapes – on the tree. Grapefruit has grown in groups with as many as 25 fruits.

List three adjectives to describe the way grapefruit taste, look, or smell.

1. refreshing
2. shiny
3. sweet

Nutrition Facts

Serving Size: $\frac{1}{2}$ medium grapefruit (123g)
Calories 46 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%



NUTRITION FACTS

A $\frac{1}{2}$ of a medium grapefruit is a high source of vitamin C.

What is the % Daily Value for vitamin C in $\frac{1}{2}$ of a medium grapefruit? 78%.

Use the glossary of nutrients on page 28 to define vitamin C.

Vitamin C helps the body heal cuts and wounds and maintain healthy gums.



Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to enjoy doing physical activity every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

SOURCE: Network for a Healthy California



Explain why you should be active every day.



Refer to the bullet points above.

Write two physical activities that you like doing with your family and friends. Look on page 26 for ideas.

1. _____
2. _____

What are three ways you could add 10 to 15 minutes of physical activity to your day?
(These would be good for recess)

1. practice hopscotch
2. see how long you can walk around the yard
3. play sports



The **February** Harvest of the Month featured vegetable is **beets**



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List three adjectives to describe the way beets taste, feel, or look.

1. sweet
2. wet
3. dark purple



Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1%

Calcium 1%

Vitamin C 5%

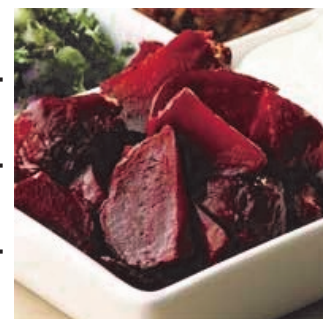
Iron 4%

NUTRITION FACTS

A ½ cup of beet leaves have 8% Daily Value for calcium.

Use the glossary of nutrients on page 28 to write the definition of calcium.

Calcium helps build strong bones and healthy teeth.





Water is the Way to Go

Underline the main idea in red and the major supporting details in blue.

It is important that children drink water daily for good health. If your body doesn't have water, it can stop working properly. This may be surprising, but there is no magic number of cups of water that kids need to drink every day. Kids your age can drink water during the day, and should definitely drink water when they are thirsty.

There are times when you will need to drink more water than you normally do. When it's sunny and warm, keep a water bottle on your desk. If you're going to play a sport or be physically active, you will need to drink water before, during, and after playing. It is necessary to replace the water that leaves your body in the form of sweat. You can't play your best when you're thirsty!

Water is the best drink for active kids your age. Sports drinks are not necessary for active children because they have added sugar, sodium and extra calories.

When your body doesn't have enough water, you can become dehydrated. Dehydration can keep you from being as fast and as sharp as you would like to be. Dehydration can even make you feel sick.

By drinking enough water, your body will be able to do all of its wonderful jobs and you'll feel great!



Adapted from: kidshealth.org

The **March** Harvest of the Month featured vegetable is **peppers**



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is a high source of vitamin C. A ½ cup of sweet red bell peppers is a high source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.



List three adjectives that describe the way peppers taste, look, or sound.

1. fresh
2. colorful
3. crunchy



Nutrition Facts	
Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%

NUTRITION FACTS

A ½ cup of sweet green bell peppers is a high source of vitamin C.

A ½ cup of sweet red bell peppers is a high source of vitamin A.






Use the glossary of nutrients on page 28 to define vitamin A.

Vitamin A helps your body maintain healthy eyes and skin.



Important Nutrients

Every fruit and vegetable has a different combination of nutrients that help promote better health. Eating colorful fruits and vegetables helps us get the nutrients our bodies need.

NUTRIENT	WHAT IT DOES	WHERE IT'S FOUND
Vitamin A	<ul style="list-style-type: none"> Helps keep your skin healthy Important for night vision 	cantaloupe, carrots, sweet potatoes, spinach, and broccoli 
Vitamin C	<ul style="list-style-type: none"> Important for keeping your gums and skin in good shape Helps your body heal cuts 	cabbage, kiwi, oranges, bell peppers, and strawberries 
Calcium	<ul style="list-style-type: none"> Most important mineral for bone health Makes your bones and teeth strong and healthy 	green leafy vegetables, like broccoli and cooked greens 
Iron	<ul style="list-style-type: none"> Helps carry oxygen from your lungs to the rest of your body 	dried fruit, spinach, and broccoli 
Fiber	<ul style="list-style-type: none"> Helps keep your digestive system healthy May help lower your cholesterol 	all fruits and vegetables 

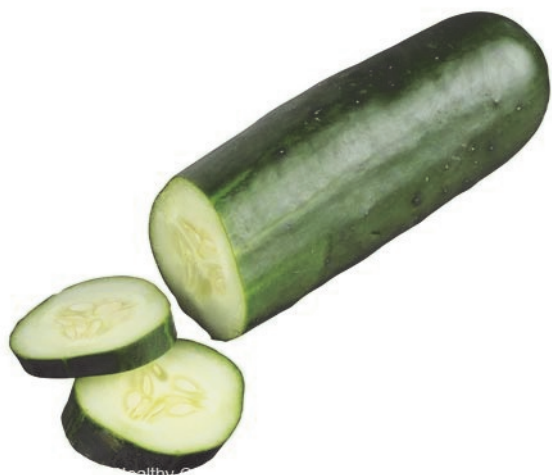
Test Your Knowledge!



Complete the paragraph by choosing the correct missing word.

Every fruit and vegetables has a different combination of nutrients that help promote better health. Vitamin A helps keep your skin healthy. Iron helps carry oxygen from your lungs to the rest of your body. Vitamin C is important for keeping your gums and skin in good shape. Calcium is the most important mineral for bone health. Fiber helps keep your digestive system healthy. All fruits & vegetables have fiber.

The **April** Harvest of the Month featured vegetable is **cucumber**



- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- The British have a plant they call the “squirting cucumber.” This strange fruit bursts open and shoots seeds up to 60 miles per hour.

List three adjectives that describe the way cucumbers taste, sound, or feel.

1. refreshing

2. crisp

3. juicy



Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 1% Calcium 1%

Vitamin C 3% Iron 1%

In the space below, draw a picture of what you know or what you have learned about cucumbers.

Physical Activity Goals



HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

To take care of your body, you need at least 60 minutes of moderate-intensity physical activity every day.

WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity gets you up and moving and makes your heart beat faster. Examples include brisk walking, biking, taking the stairs, dancing, and raking leaves. A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.



WHAT IS VIGOROUS-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous-intensity level should be able to say a few words, but can't carry on a conversation.

SETTING MY PHYSICAL ACTIVITY GOAL

- My goal is at least 60 minutes of moderate/vigorous physical activity every day.
- Three steps I need to take to meet my physical activity goal. This can be at school or home. (Examples: walk whenever I can; find a buddy to join and support me in my physical activity routine; try new physical activities that will keep me moving)
- After one week review the list and put a check mark by the goals you finished.

1. _____

2. _____

3. _____



SOURCE: *Network for a Healthy California*

The **May** Harvest of the Month featured fruit is **berries**



- A ½ cup of most berries is a high source of vitamin C.
- The colonists learned from Native Americans how to gather blueberries, dry them under the summer's sun, and store them for the winter.
- Raspberries can be grown from the Arctic to the equator.

List three adjectives that describe the way berries taste, look, or smell.

1. yummy

2. appealing

3. sweet



Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%



Make a list of 4 different berries.

1. Strawberries

2. Raspberries

3. Blueberries

4. Blackberries



A Letter to Your Parents



Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why it is good for you, and include an example of a nutritious breakfast that you would like to eat.

Date: _____

Dear _____,

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Love,

The **June** Harvest of the Month featured vegetable is **corn**



- Corn is a good source of thiamin.
- Corn is grown on every continent of the world except Antarctica.
- Scientists believe people living in Central Mexico were the first to grow corn. Ears of corn have been found in caves in Mexico that date back 7,000 to 8,000 years ago.

List three adjectives to describe the way corn tastes, sounds or looks.

1. tasty
2. crunchy
3. small



Nutrition Facts

Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%

List three different foods that are made from corn.

1. tamales (maza) *other products that are made from corn:*
2. corn tortillas *high fructose corn syrup*
3. popcorn *corn oil*



My Meal Plan

Use this worksheet to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review October's Harvest of the Month page to find out how many cups of fruits and vegetables you need for your plan. Use the list of foods on page 25 to help you.



- For each meal, you should include at least three food groups.
Your meals should include:
 - a food from the dairy group or a food from the meat & beans group
 - at least one fruit or vegetable with each meal
- You can choose one or two food groups for a snack.

Meals

Snacks

BREAKFAST:

- ☒ Grains 1 cup whole grain cereal
- ☒ Fruit ½ of a large banana
- ☐ Vegetable _____
- ☒ Dairy 1 carton of lowfat milk
- ☐ Meat & Beans _____

MORNING SNACK: (recess)

4 celery sticks with peanut butter

LUNCH:

- ☒ Grains 2 slices of whole wheat bread
- ☒ Fruit 1 small orange
- ☒ Vegetable lettuce, tomato, onion
- ☒ Dairy 1 carton of lowfat milk
- ☒ Meat & Beans 2 slices of turkey

AFTERNOON SNACK:

*½ cup strawberries
½ cup lowfat yogurt topped with granola*

DINNER:

- ☒ Grains 2 corn tortillas, ½ cup of rice
- ☐ Fruit _____
- ☒ Vegetable 1 cup of onions, green & red peppers
- ☒ Dairy 3 ounces of shredded lowfat cheese
- ☒ Meat & Beans 1 cup of black beans

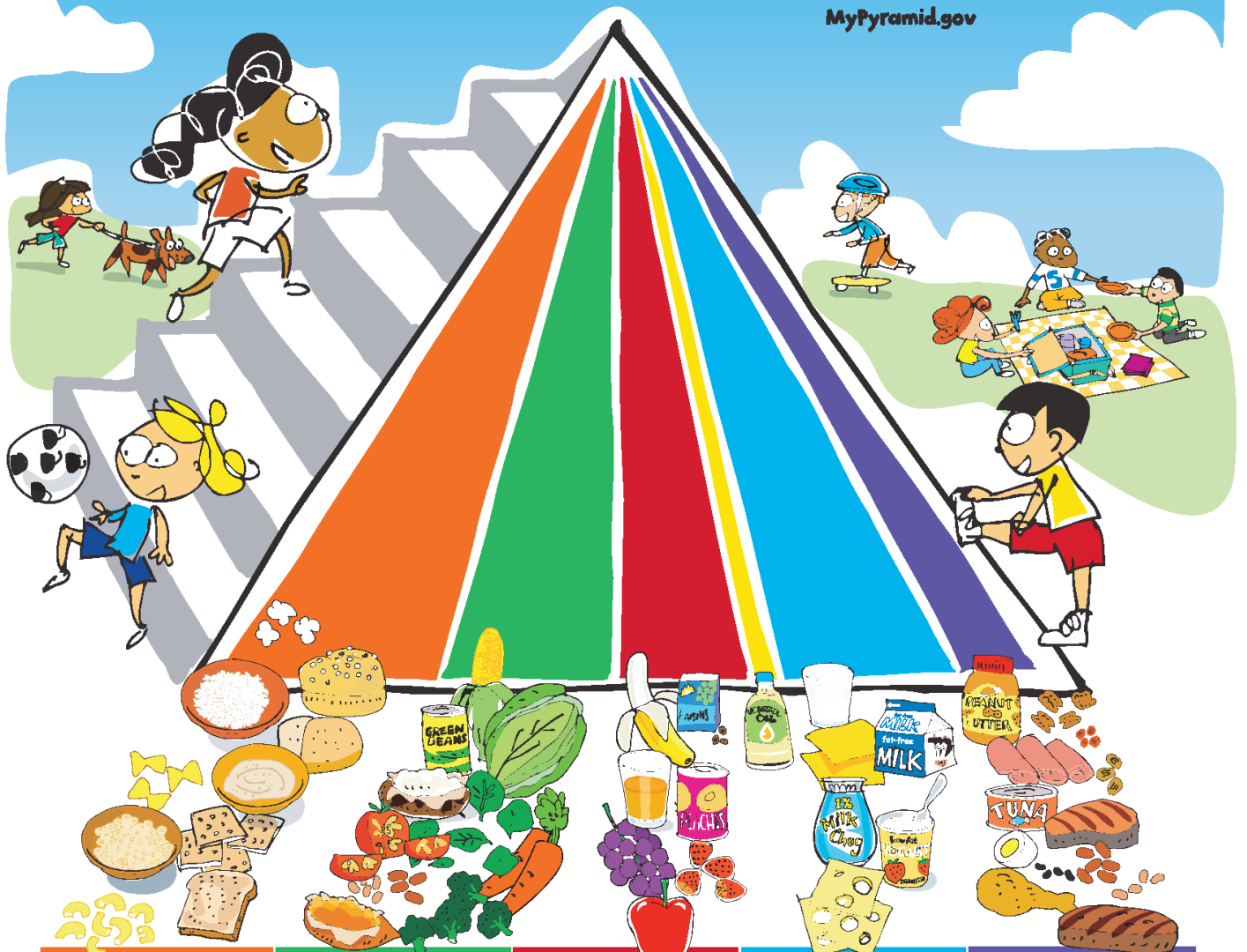
When you are finished with your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them. Make sure you get the recommended amount for good health.

SOURCE: Network for a Healthy California

MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day:
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day:
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



Grains

Brown rice	Cornbread
Buckwheat	Corn tortillas
Oatmeal	Couscous
Popcorn	Crackers
Whole wheat cereal	Flour tortillas
Ready to eat breakfast cereal	Grits
Whole grain barley	Noodles
Whole grain cornmeal	Spaghetti
Whole rye	Macaroni
Whole wheat bread	Pitas
Whole wheat crackers	Pretzels
Whole wheat pasta	Corn flakes
Whole wheat tortillas	White rice
Wild rice	



Vegetables

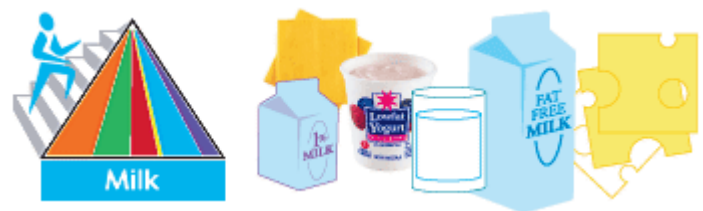
Bok choy	Corn
Broccoli	Green peas*
Collard greens	Potatoes
Dark green leafy lettuce	Artichokes
Kale	Asparagus
Mustard greens	Bean sprouts
Lettuce	Beets
Spinach	Brussels sprouts
Turnip greens	Cabbage
Squash	Cauliflower
Carrots	Celery
Pumpkin	Cucumbers
Sweet potatoes	Eggplant
Black beans*	Green beans
Black-eyed peas*	Bell peppers
Garbanzo beans (chickpeas)*	Mushrooms
Kidney beans*	Okra
Lentils*	Onions
Lima beans*	Zucchini
Pinto beans*	Turnips
Soy beans*	Tomatoes
Split peas*	Tomato juice
Tofu	Vegetable juice

*beans and peas can also go in the meats & beans group



Fruits

Apples	Oranges
Apricots	Peaches
Avocado	Pears
Bananas	Papaya
Strawberries	Pineapple
Blueberries	Plums
Raspberries	Prunes
Cherries	Raisins
Grapefruit	Tangerines
Grapes	100% orange juice
Kiwi fruit	100% apple juice
Lemons	100% grape juice
Limes	100% grapefruit juice
Mangos	
Cantaloupe	
Honeydew	
Watermelon	



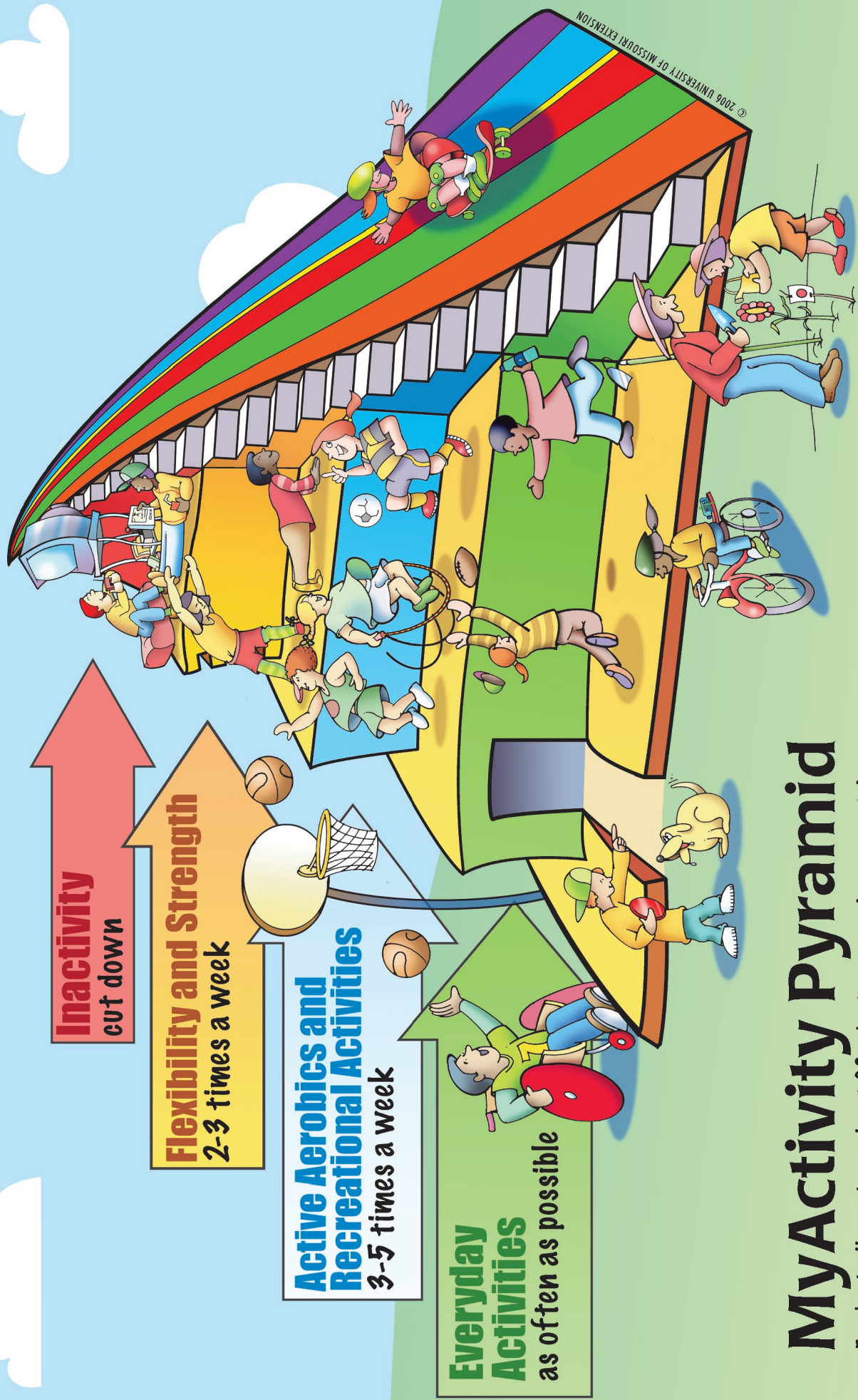
Milk

Milk	Yogurt
Cheddar cheese	Cottage cheese
Mozzarella cheese	Ice milk
Swiss cheese	
Parmesan cheese	



Meat & Beans

Chicken	Ham	Veggie burger	Almonds	Sunflower seeds	Pecans
Turkey	Lamb	Tempeh	Cashews	Pistachios	Walnuts
Beef	Pork	Peanut Butter	Peanuts	Sesame seeds	Beans and peas
Eggs	Fish				(see vegetables)



MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

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Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



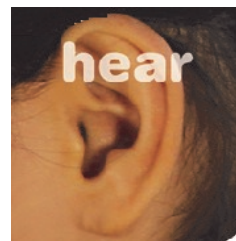
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy



Sweet
Sour
Bitter



Crunchy
Crisp
Juicy

Glossary of Nutrients



- CALCIUM** This mineral helps build strong bones and healthy teeth.
- CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.
- FAT** Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.
- FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.
- FOLATE** This B vitamin helps lower a women's risk of having a child with certain birth defects.
- IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.
- MAGNESIUM** This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.
- PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.
- POTASSIUM** This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.
- PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.
- RIBOFLAVIN** This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.
- THIAMIN** The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.
- VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.
- VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.
- VITAMIN E** This vitamin helps maintain healthy cells throughout your body.
- VITAMIN K** This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.
- WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.
- ZINC** This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Acknowledgements

This *Harvest of the Month* workbook was created in collaboration with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, Program Coordinator
Farrah Northcott, MS, RD, Nutrition Specialist
Cindy Young, MPH, RD, Nutrition Specialist
Alma Gonzalez, Nutrition Educator
Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Susan Ahn, 3rd grade, Burbank Elementary School
Paula Bently, Kindergarten, Palms Elementary School
Ranida Delarosa, 4th grade, Burbank Elementary School
Vicki Ferguson, 4th grade, Aloha Elementary School
Linda Flores, 1st grade, Melbourne Elementary School
Diane Gott, 5th grade, Palms Elementary School
Susan Green, 5th grade, Melbourne Elementary School
Debby Hakola, 3rd grade, Hawaiian Elementary School
Rocio Hernandez, 2nd grade, Hawaiian Elementary School
Anne Kim, 1st grade, Burbank Elementary School
Greg Lewis, 6th grade, Niemes Elementary School
Ji Lim, Kindergarten, Burbank Elementary School
Diana Munoz, 6th grade, Willow Elementary School
Rosa Nicasio de Lis, Kindergarten, Furgeson Elementary School
Kim Patag, 1st grade, Willow Elementary School
Laura Robillos, 2nd grade, Niemes Elementary School
Danielle Saldavia, 6th grade, Aloha Elementary School
Heather Thimmes, 4th grade, Melbourne Elementary School
Kathi Trosino, 2nd grade, Palms Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator
Danielle Agaloff, Teacher Advisor
Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Contributing Teachers from Downey Unified School District

Alyssa Barclay, 2nd grade, Rio Hondo Elementary School
Jackie Campbell, 2nd grade, Rio Hondo Elementary School
Noreen Gasdia, Kindergarten, Rio Hondo Elementary School
Virginia Molletti-Bovey, 1st grade, Rio Hondo Elementary School
Theresa Petit, 2nd grade, Rio Hondo Elementary School
Sylvia Vaughn, 1st grade, Rio Hondo Elementary School

Coloring pages and product characters taken from dole5aday.com



This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.